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Original Reserach

Analysis of students' basic basketball skills: A comparative study of male and female students

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A. Conception and design of the study; B. Acquisition of data; C. Analysis and interpretation of data; D. Manuscript preparation; E. Obtaining funding

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ABSTRACT

This study aims to prove the difference in the ability of basic basketball techniques of grade I elementary school students between boys and girls. This research is descriptive quantitative with survey method, where in this research there are tests and measurements. The population in this study were all grade 1 students of SDN 10 Anjungan. The sampling technique used qouta sampling so that a sample of 32 students was obtained. The instruments in this study are dribbling using zig-zag, passing using chest pass technique, shooting by shooting free throw, lay-up by doing step running and jumping with two feet. Data analysis using the SPSS application. The results showed a significance value of 0.643> 0.05 so there was no significant difference. The conclusion is that there is no significant difference in the ability of basic basketball techniques between male students and female students.

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INTRODUCTION

Basketball is a game sport that requires high skill and physical fitness of athletes. (Yuan et al., 2021). Player speed is also very much needed (Daulatabad et al., 2020), because this sport is dynamic, active, and has a high tenpo (Setia & Winarno, 2021). Study findings show that physical activity through exercise can reduce the risk of disease (Meo et al., 2021), and improvement in physical fitness (Fitri et al., 2020; Muchlisin et al., 2019; Octaviany, 2014; Sa'diyah & Susanto, 2020; Suryadi et al., 2021). An article says that basketball is a type of sport with complex movements (Aditya Dwitama, 2018). Based on this, basketball is a game sport that requires good physical condition.

Basketball players also need good strength, agility, fitness, flexibility, endurance, and vertical jumping ability to achieve sports targets (Sukhiyaji & Patel, 2020). In addition, physical skills, posture and good basic techniques make it easier to get points (Suryadi et al., 2022). Technical skills in basketball games are also very necessary. These basic techniques are throwing techniques, catching, dribbling techniques, shooting techniques, pivoting movement techniques, lay up techniques, rebounding techniques. (Suryadi et al., 2022). This statement is in line with (Yulianto,

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2018) that basketball games must master several basic techniques for every basketball player, including dribbling, shooting, passing, ballhandling, rebounding, and pivoting.

Research conducted by Erwin Tri Sukma, Supriatna, & Atiq, (2013) proved that basketball skills can be improved through variation training. It turns out that research conducted (Daharis & Rahmadani, 2018) variation training methods in physical education learning are effective in improving basketball skills. Other research emagery training has a significant effect on improving lay up shoot skills in basketball games (Sukamto, 2013). In addition, it turns out that the Student Team Achievments Division (STAD) type cooperative learning model can improve the lay-up skills of basketball games and increase students' enthusiasm for learning (Pridani et al., 2018). Recent research says circuit and conventional training are effective for improving the basic technical skills of basketball games (Perdima, 2019).

What is new in this study is to try to prove whether the basic technical skills of women's volleyball and the basic technical skills of men's volleyball in elementary schools. So far, these variables have always been the same variables in a study. So this is one of the important gaps for this research to be carried out.

METHODS

This research is descriptive quantitative with survey method, where in this research there are tests and measurements. The population in this study were all grade 1 students of SDN 10 Anjungan. The sampling technique used qouta sampling so that a sample of 32 students was obtained. The instruments in this study are dribbling using zig-zag, passing using chest pass techniques, shooting by shooting free throws, lay-ups by doing step running and jumping with two according to the rules. (Endang Sepdanius, Muhamad Sazeli Rifki, 2019). The data obtained was then analyzed using the SPSS version 26 application to look for differences.

RESULTS AND DISCUSSION

Based on tests using a leg and back dynamometer, the data obtained are listed in table 1. Based on this table, it can be understood that it turns out that the average ability of basic basketball techniques for male students is 49.99 and female students is 50.62. seen from the value is not much different.

Table 1. Description of Basic Technical Ability Test

	N	Minimum	Maximum	Mean	Std. Deviation
Male	16	42,80	57,93	49,9997	3,71387
Female	16	45,98	58,74	50,6200	3,78723

Table 2. Shapiro wilk normality test

	Statistic.	df.	Sig.
Male Students	,983	16	,982
Female Students	,920	16	,166

Based on the results of the Shapiro Wilk normality test, it is known that male students have a significance value of 0.982> 0.05, and female students with a significance value of 0.166> 0.05, it can be concluded that they contribute normally so that it will be continued with the t test to find out the difference. The results can be seen in table 2.

Tabel 3. Test of Homogeneity of Variances

ANOVA					
Putra dan Putri					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3,078	1	3,078	,219	,643

Within Groups	422,039	30	14,068
Total	425,118	31	

Based on the results of table 3, the data calculated using spss shows that the homogeneity significance value is 0.643> 0.05, so the data is concluded to be homogeneous.

Table 4. Independent Samples Test

Kelompok	Independent Samples Test	
	t	Sig. (2-tailed)
Male and Female Students	-,468	,643

This study aims to prove the difference between male and female students at SD negeri 10 Anjungan. The results showed a significance value of 0.643> 0.05 based on these results, it can be concluded that the ability of basic basketball techniques in male and female students does not have a significant difference. Based on the same relevant studies conducted on basketball games, the results show that there are differences in skills between students and female students. (Abdi Nugraha et al., 2020).

Other research conducted by Suryadi, (2022) which compared the physical fitness of futsal and basketball extracurricular students which also had a significant difference. These results may be due to the fact that there are still many students who are less trained and the sports teacher at school can also be a factor in success or failure. Some studies say that success in student physical fitness games is also one of the invoices that influence (Suryadi, 2022; Suryadi & Rubiyatno, 2022), Therefore, it is necessary to do physical activity so that fitness is maintained so that techniques in basketball games can run well.

Basic techniques such as dribbling, passing, shooting and lay-ups in basketball games are very important to support success in the game. (Suryadi et al., 2022). According to Aditya Dwitama, (2018) lay-ups are highly trained in order to put the ball into the opponent's basket. Therefore, it is necessary to do various exercises in order to improve the ability to play basketball. An experimental study was conducted proving that basketball skills can be improved by randomized training and centralized training, but randomization has a better effect (Wati et al., 2018), and with variation training is also effective in helping to improve basketball skills. (Daharis & Rahmadani, 2018; Temmasonge, 2019).

The results of research conducted by Putra, Wahjoedi, & Spyanawati, (2020) the Teams Games Tournament type cooperative learning model has an influence on the basic techniques of jump shoot basketball, so this learning model is more recommended in physical education learning. Other research discovery learning-based learning models can help students to play an active role in seeking education for creative and interesting ideas in basketball games (Munir et al., 2021). Based on these results, it can provide an overview of learning to help improve basic technical skills in student basketball games. In line with research conducted (Bernhardin & Rahmani, 2020; I Wayan Merta, 2020; Ifanto & Sudarso, 2014; Muridang et al., 2021; Pridani et al., 2018; Sahutu et al., 2021; Saputra, 2020) that the improvement of lay-up and shooting skills can be improved by teaching methods (Abady, 2020).

CONCLUSION

Based on the results of the research above, it shows that there is no difference between male and female students regarding the ability of basic basketball techniques. The results of this study provide evidence that the basic basketball technical skills of male and female students are the same. These results are seen from the t test that has been carried out, it can be concluded that the ability of basic basketball techniques in male and female students does not have a significant difference. The results of this study certainly provide a new reference in the game of basketball. The weakness in this

research is that the sample used is still relatively small and only compares male and female students in one class. Hope further research can use a wider sample and population.

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